



# Mixed Berry Crisp

*This medley of flavors will tantalize your taste buds.*



## INGREDIENTS

7 cups frozen mixed berry medley, thawed	¼ cup whole wheat flour
½ tablespoon sugar	¼ cup packed brown sugar
1 tablespoon all-purpose flour	¼ teaspoon salt
1½ teaspoons cornstarch	¼ teaspoon cinnamon
nonstick cooking spray	⅛ teaspoon vanilla extract
¾ cup old fashioned oats	2 tablespoons chilled butter, cut into small pieces

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. In a medium bowl, mix berries, sugar, all-purpose flour, and cornstarch.
3. Spray a 9 x 9-inch baking dish with nonstick cooking spray. Pour fruit mixture into the baking dish.
4. In a medium bowl, combine oats, whole wheat flour, brown sugar, salt, cinnamon, and vanilla extract. Mix in butter until crumbly.
5. Sprinkle oat mixture evenly over berry mixture.
6. Bake until topping is golden brown, about 45 minutes. Serve warm or at room temperature.

**Makes 6 servings.** 1 cup per serving.  
**Prep time:** 10 minutes **Cook time:** 45 minutes

*Nutrition information per serving:* Calories 244, Carbohydrate 48 g,  
 Dietary Fiber 11 g, Protein 5 g, Total Fat 6 g, Saturated Fat 3 g,  
 Trans Fat 0 g, Cholesterol 10 mg, Sodium 235 mg